



## Your beneFIT well-being program

Find important details inside.

SOUTH DAKOTA  
**state employee  
benefits program**

learn. act. thrive.



be well. work well. live well.



# FIND HAPPY. BE REWARDED.

The beneFIT well-being program offers an incentive for employees and covered spouses who complete three wellness qualifications by March 31, 2018.



## EARN YOUR REWARD – START TODAY!

Complete the three qualifications below to qualify for the FY19 incentives:

### REQUIRED WELLNESS QUALIFICATIONS

Take the online Health Assessment

Get an on-site Health Screening

Earn 100 Wellness Points

### YOUR REWARD

**If you complete the online Health Assessment, an on-site Health Screening, and earn 100 Wellness Points by March 31, 2018:**

- » You will qualify for the Low Deductible Health Plan for FY19.\*
- OR**
- » You will earn the maximum State contribution for your Health Savings Account (HSA), if you choose the High Deductible Health Plan for FY19.\*
  - » If you have single coverage, you can earn the maximum State contribution of \$500 for your HSA by completing the three wellness qualifications.
  - » If you decide to not complete the three wellness qualifications, the State will contribute \$250 for your HSA, just for choosing the High Deductible Health Plan for FY19.
  - » If you have family coverage, you can earn the maximum State contribution of \$1,000 for your HSA by completing the three wellness qualifications.\*
  - » If you and your covered spouse decide not to complete the three wellness qualifications, the State will contribute \$500 for your HSA, just for choosing the High Deductible Health Plan for FY19.

Employees hired or spouses added to the plan after July 1, 2017 and Opt-Outs do not need to complete these qualifications during FY18, to be eligible for the Low Deductible Health Plan in FY19 or the maximum State HSA contribution, if you choose the High Deductible Health Plan in FY19.

## BETTER TOGETHER

\* If your spouse is on your health plan, both you and your covered spouse must complete the three qualifications to be eligible for the Low Deductible Health Plan or maximum State HSA contribution, if you choose the High Deductible Health Plan.



## □ TAKE THE ONLINE HEALTH ASSESSMENT.



Take the 10-minute, online Health Assessment to learn how everyday choices affect your happiness and well-being.

Log in to [benefit.staywell.com](http://benefit.staywell.com) and click on the **Health Assessment** block on the home page to complete the online Health Assessment by **March 31, 2018**.

## □ GET AN ON-SITE HEALTH SCREENING.



Get an on-site Health Screening to discover areas in your health that may need attention, to keep you energetic and feeling good.

Your screening will include measurements for:

- » Blood Pressure
- » Total Cholesterol
- » TC/HDL ratio
- » HDL Cholesterol
- » LDL Cholesterol
- » Body Mass Index
- » Triglycerides
- » Glucose
- » Waist

## GET YOUR NUMBERS – AT WORK.

The South Dakota State Employee Benefits Program is offering on-site Health Screenings between **August 1, 2017** and **December 15, 2017**, at no cost for employees and their spouse enrolled in a Health Plan.

For more information and to register for your screening, visit [benefit.staywell.com](http://benefit.staywell.com) and click on the **Health Screening** block. Please note, **you must register two-weeks in advance for your on-site Health Screening.**

If a Health Screening is not available at your location, print the Health Care Provider Form to complete with your doctor as part of your annual preventive exam. Download the Health Care Provider Form at [benefit.staywell.com](http://benefit.staywell.com), by selecting the **Health Screening** block on the home page. Once complete, with your name and information, follow the instructions on the form and fax, mail or upload to ensure it is received by **March 31, 2018**.

You will be sent an email confirmation when your form is received. Your screening results will be automatically uploaded by StayWell into your online Health Assessment within 10 business days of receipt.

## EARN 100 WELLNESS POINTS.

Choose from a variety of activities to earn 100 Wellness Points by March 31, 2018.

WELL-BEING ACTIVITIES	POINTS	DETAILS
<b>Well-Being Programs</b> Lifestyle Coaching Self-Directed Coaching Digital Workshop – Blood Pressure Digital Workshop – Sleep Digital Workshop – Why Exercise Digital Workshop – Good Nutrition Digital Workshop – Financial Well-being Series Daily Dash (Complete 20 daily dashes)	75 40 15 15 15 15 40 25	Earn up to 100 points from the Well-Being Programs category.
<b>Challenges</b> Million Steps Challenge – One million steps – Two million steps Calm Relay Challenge HealthTrails Team Challenge	25 25 25 50	Earn up to 100 points in the Challenges category.
<b>Well-Being Activities</b> Community Physical Financial Emotional Self-Care SD Tobacco Quitline Program Educational Classes/Webinars Required Physical Fitness Test	25 25 25 25 25 25 25 25	Report up to 50 points in the Well-Being Activities category. Activity recorded above the 50 point maximum will not be counted toward your 100-point goal.
<b>Preventive Care Activities</b> Physical Exam Cancer Screening Vision Exam Dental Exam Flu Shot	25 25 25 25 25	Report up to 50 points in the Preventive Care Activities category. Activity recorded above the 50 point maximum will not be counted toward your 100-point goal.
<b>Health Home Pilot Program</b> Quarter 1 Quarter 2 Quarter 3	10 10 10	Participants must meet the eligibility criteria. Earn up to 30 Health Home Pilot Program points.
<b>Employee Assistance Program – Counseling</b>	50	Earn 50 points by reporting the completion of three counseling sessions.
<b>Health Management Partners (HMP) Enrollment Programs</b> Month 1 Month 2 Month 3	25 25 25	Participants must meet the eligibility criteria. Earn up to 75 HMP Enrollment Program points. 25 points per month, for a maximum of 3 months.
<b>HMP Diabetes Prevention Pilot Program</b>	100	Participants must meet eligibility criteria and actively participate to earn 100 points.
<b>HMP Complex Case Management</b>	100	Participation by invitation only.



## GET MOVING. JOIN A CHALLENGE.



Get moving with the Million Steps Challenge to achieve one million or two million steps by **March 31, 2018**. Track your progress, earn badges along the way, connect with friends, and participate in weekly mini challenges to achieve your step goal.

The Million Steps Challenge starts in July 2017.



Participate in the 6-week Calm Relay Challenge to discover how the practice of mindfulness and gratitude can have you navigating stressful situations with improved clarity. Track your progress, participate in weekly Zen Quest Challenges, learn how to manage stress and stay resilient in tough times.

The Calm Relay Challenge starts in October 2017.



Adventure lies ahead. Take a virtual trip through trails in the Pacific Northwest or along Snowman Trek to boost your energy and embrace your inner explorer. Join the HealthTrails challenge to track your daily habits and reach new heights in your journey to look and feel your best.

The HealthTrails challenge starts in January 2018.

## IMPROVE YOU. CHOOSE A WELL-BEING PROGRAM.



### Lifestyle Coaching

Working with a StayWell health coach can have you feeling your best at work and home. Your coach can help you with things like modifying your meal plan, getting better sleep, managing stress, setting new health goals, and much more.

Working with a coach is free and confidential. To get connected with a health coach, call the StayWell HelpLine at 800-721-2749.



### Self-Directed Coaching

Self-Directed coaching empowers you to achieve your health goals. You can choose to work on things like moving more, eating well, being tobacco free, reducing stress, and controlling weight.

Self-Directed coaching is available online, 24/7. You can work on the topic of your choice when and where it's convenient for you. Log in to [benefit.staywell.com](https://benefit.staywell.com) and click on the Self-Directed Coaching block on the home page to register.



### Digital Workshops

When it comes to making healthy changes, it's important to educate yourself first. Learn more about blood pressure, sleep, exercise, nutrition, and financial well-being. Each workshop takes about 15 minutes. Select a topic area, read an article, watch a video, and take a short quiz.

Log in to [benefit.staywell.com](https://benefit.staywell.com) and click the Programs tab and then Digital Workshops to get started!



### Daily Dash

Try a Daily Dash mini challenge to move more, stress less, sleep better, or change your eating habits. Browse all Daily Dash topics and select the mini challenges that best meet your well-being goals.

Log in to [benefit.staywell.com](https://benefit.staywell.com) and click the Daily Dash block on the home page to get started!



Log in today!  
[benefit.staywell.com](https://benefit.staywell.com)



Questions?  
800-721-2749



Find us on Facebook.

Search for the South Dakota State Employee Benefits Program.



P.O. Box 21427 St. Paul, MN 55121-0427

**Your privacy is important to us**

StayWell respects your privacy and only shares your personal information as described in the privacy statement, which is available on the portal under My account. If you have questions or concerns about the privacy statement, please call the StayWell HelpLine at 800-721-2749.